

Study evaluates prevalence of diabetes among adults in China

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A study based on a nationally representative sample of adults in China in 2010 indicates that nearly 12 percent of Chinese adults had diabetes and the prevalence of prediabetes was about 50 percent, according to a study in the September 4 issue of *JAMA*.

"Noncommunicable chronic diseases have become the leading causes of mortality and disease burden worldwide. It was estimated that 34.5 million deaths globally were due to noncommunicable diseases in 2010, which reflected a significant increase from 1990. Mortality from diabetes doubled during this period and increased to 1.3 million deaths worldwide in 2010. In addition, diabetes is a major risk factor for ischemic heart disease and stroke, which collectively killed an estimated 12.9 million people globally in 2010," according to background information in the article.

"The prevalence of diabetes has increased significantly in recent decades and is now reaching [epidemic proportions](#) in China. The prevalence of diabetes was less than 1 percent in the Chinese population in 1980. In subsequent national surveys conducted in 1994 and 2000-2001, the prevalence of diabetes was 2.5 percent and 5.5 percent, respectively. The most recent national survey in 2007 reported that the prevalence of diabetes was 9.7 percent, representing an estimated 92.4 million adults in China with diabetes."

Yu Xu, Ph.D., of the Shanghai Jiao-Tong University School of Medicine, Shanghai, China, and colleagues with the 2010 China

Noncommunicable Disease Surveillance Group, conducted a study to investigate the prevalence of diabetes and glycemic control in the Chinese [adult population](#). Using a multistage, probability sampling design, the researchers conducted a cross-sectional survey in a nationally representative sample of 98,658 Chinese adults in 2010. Plasma glucose and hemoglobin A1c levels were measured after at least a 10-hour overnight fast among all study participants, and a 2-hour [oral glucose tolerance test](#) was conducted among participants without a self-reported history of diagnosed diabetes. Diabetes and prediabetes were defined according to the 2010 American Diabetes Association criteria; whereas, a hemoglobin A1c level of

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